

AYS, Poolville, Springtown, and WSYA

Volleyball Rules

Teams

Shall consist of six players to begin the first game of the match. If there are not six players present at the start of the game a team may play shorthanded. Each team must have at least four players to begin the match, but the game will be considered a forfeit.

Coaches are responsible for having someone at the score table. Home team does the book and visitor team controls the scoreboard. Each team must have one adult line judge for their game.

Team Benches

A coach may stand during the play to instruct players in a non-disruptive manner and may stand and move about to speak to the team members and players. Acts deemed disruptive by the referee shall be sanctioned. First warning will be a yellow card and second offense a red. In the case of a red card, the coach or asst. coach in violation will be asked to leave the gym. Examples of disruptive/unsportsmanlike act shall include, but not limited to:

- Loud and abusive languages
- Comments to opposing teams
- Comments to officials and line judges. (if a coach has a question about a call, have the captain of the team ask the referee. At no time will a coach, asst. coach or spectator be allowed to be confrontational with the referee. This type of behavior is not allowed in school or club either.)
- Throwing objects
- Displaying disgust in an overt manner
- Interfering with the proper officiating of the match

We understand that a player may be your child, but while on the court the said child is not your child but your team member. This will help keep the moral on your team up if all girls are treated equally. All non-playing team members (ex. Coaches, team mates) shall be seated on the designated team bench during the match. However, the next rotation player may stand next to the bench in order to prevent delaying of the game. Only 2 Coaches allowed on the court or sidelines during games. Line judges and ref calls are final. Book keeper and score keeper will score game based on their calls. NOT a coach's call.

Games

1st-4th grade will play with a VolleyLite and 5th-8th will play with a regulation ball. Game balls will be provided by host gym.

First team listed will be home, second will be away.

A coin toss done by the referee between the coach selected Captains shall determine who serves first. **The first two games shall be to 25 points with a team winning by two points or a cap of 30. The third game shall be the first to 15 points with a team winning by two points or a cap of 20.** In the 3rd game, same Captains will meet for the coin toss to determine first serve/receive. At this point the receiving team can then select a side to play game 3. All players will be played equally and be rotated. Each girl needs to play in each set.

When a team rotates to serve, the player who served the previous time must come out of game. Substitutes enter in middle back position only.

Games will consist of 2 sets and a 3rd to be played if needed to complete the match.

2 time outs are allowed per set of each match per team, time outs are 1 minute.

One line check is allowed each set, if coach needs additional it will count as a time out.

If both time outs and line check is used and line check is needed it will result in loss of ball.

A game shall have 1 minute between each set during a match. If a coach chooses to change girl's line up, it must be done within 1 minute.

5th/6th and 7th/8th grade teams will be able to use the libero position.

Please have your team arrive at least 30 minutes before your game. **If games are running ahead, we will play ahead.** 8 minutes will be put on the clock between scheduled games.

Scoring

Shall occur each time a fault is committed.

If the serving team wins the rally, it scores a point and continues to serve. If the receiving team wins the rally, it scores a point and gains the serve.

Each time a team gains a serve, it must rotate one position clockwise before serving.

Live and Dead Balls

A live ball is in play from the moment the ball is legally contacted by the correct server until the ball becomes dead.

In ALL grades a team may play/hit the ball three times in a volley.

Blocking a served ball is NOT permitted..

No under or in the net- during a play if the player slides/crosses net line opposing team is awarded the point, this is judgement call made by the REF.

The ceiling or on the bottom side of the backboard/rim, except on the serve, is playable if it comes back down on the side from which it came. If it falls onto the opponent's court, it will be a side out. Side walls are at no time playable.

A ball hit over the net must cross between the two antennas. If not, a side out occurs.

A player may run out of bounds to hit a ball back into playing area for other teammates to play. It cannot be passed over the net to opposing team if it crosses over the antennas. The ball becomes dead and a side out occurs.

Serving

The server shall serve from within the serving area.

1st/2nd, 3rd/4th, and 5th/6th grade leagues – There is a 5 point serving cap.

7th/8th grade league- There is no serving cap.

A re-serve shall be called when the server releases the ball for an over hand serve, and lets it drop to the floor. No catching of the ball will be permitted. All players will be permitted only one re-serve attempt (per serving set).

Net serves (serve which hits the net and crosses over) are legal on both divisions of play.

Once serve whistle is blown you will have 5 seconds to serve the ball.

The team receiving in the first set of the match will serve first in the second set of the match.

1st and 2nd graders are allowed to serve at the 10-foot line. They may not cross this line. Serves may be underhand or overhand. They will get two chances to serve the ball over.

3rd and 4th graders are allowed to serve at the 23-foot line. (Line will be provided.) They may not cross this line. Serves may be underhand or overhand.

5th/6th and 7th/8th graders will serve from the regulation line. They may not cross this line. Serves may be underhand or overhand.

All over hand serves MUST be open hand.

1st- 4th- After serving the server must rotate out of middle-back.

5th-8th- These divisions will rotate using NFHS RULES

Recap of serves:

- Servers may serve either side arm, over hand or underhand.
- All spiking must be done with an open hand.
- Serves that hit the net are still playable.
- All players will be given the opportunity to serve during the match.
- All over hand serves must be behind the original line.
- All over hand serves must be open hand.

Out of Bounds

A ball striking the ceiling and landing on the same side as the team that played it last is still in play, however if it lands on the opposite side it is considered to be a dead ball and a point is awarded to the opposing team.

Balls which touch the net antennas above or within the net or does not pass over the net entirely between the antennas is out of bounds.

Balls which land on any boundary line is considered "in".

Playing/Gym Rules

Girls shall have NO jewelry on while playing.

No gum on the floor or the court at any time.

Knee pads are mandatory; a girl with no knee pads will not be allowed to play.

Tennis shoes are mandatory; to play you must be equipped with the right attire, or player will be asked to sit out the game.

Tournament

At the end of the season there will be a tournament including the top 8 teams in each division. Only first and second place teams will receive recognition at the tournament.

Tournament rules will be the same as season rules. If for any reason a team is having to play back to back games a mandatory intermission will be given.

Volleyball Code of Conduct

PARENT / SPECTATOR CODE OF CONDUCT:

- 1) Unsportsmanlike conduct will not be tolerated. This applies to all players, coaches, parents and visitors. Offenders will be asked to leave and/or escorted from the Gym. All adults are expected to set positive examples for the children.
- 2) All persons shall refrain from any activity that is detrimental to the SLC league, its players or volunteers.
- 3) Parents and visitors shall treat all league officials, managers, coaches, and volunteers with due respect.
- 4) Parents shall not attempt to manipulate the league draft or player selection processes. All teams are intended to receive evenly distributed talent, so that season play is fun, competitive and fair. The primary goal of this league is to promote learning, growth, development and teamwork within the sports. Winning should be a secondary byproduct of these goals.
- 5) SLC Rec Volleyball is a 100% volunteer organization. Benefits of the league are only as good as the combined efforts of all involved. Parents and spectators should support the decisions of league officials, managers, and coaches, remembering that each of these are volunteer roles, being offered to further develop all players.
- 6) Any and all grievances from Volleyball activities or processes should follow proper channels of communication. **ALL issues require a 24 hour cool down period before you start the process.** First, players and families should discuss issues with coach or parent liaison. If needed, the issue should be advanced to the SLC Commissioner. If necessary, these positions will advance the issue to the Springtown Lions Club for consideration and further/final action.
- 8) All decisions of Springtown Lions Club, Volleyball Commissioner, and their directors are final. Unless new evidence is presented.

Remember we all are volunteers and sharing the workload will provide enjoyable times on the court, and balanced time away from the gym too.